



Topic List for Course and Path Options*

Note: Always check with your organization's requirements to select the course path that meets your needs. If you are not familiar with your organizations requirements, Heartsaver Total covers the most comprehensive list of topics.

Topic	Heartsaver	Heartsaver Total	Office	Educator	Heartsaver 2015
			Recommended topics for these paths		
Introduction (for all)	✓	✓	✓	✓	✓
CPR and AED Use for Adults [†]	✓	✓	✓	✓	✓
CPR and AED Use for Children [†]	Optional	Optional	Optional	✓	✓
CPR for Infants [†]	Optional	Optional	Optional	Optional	Optional
How to Help an Adult With a Drug Overdose Emergency	Optional	✓	Optional	Optional	✓
Water Safety	Optional	✓	Optional	Optional	N/A
Duties, Roles, and Responsibilities of First Aid Rescuers (finding the problem [†])	✓	✓	✓	✓	✓
Personal Safety (exposure to blood and removing gloves [†])	✓	✓	✓	✓	✓
Breathing Problems (Asthma)	Optional	✓	Optional	Optional	✓
Choking in an Adult, a Child, or an Infant	Optional	✓	Optional	Optional	✓
Allergic Reactions (using an epinephrine pen [†])	✓	✓	✓	✓	✓
Heart Attack	✓	✓	✓	✓	✓
Fainting	Optional	✓	Optional	Optional	✓
Diabetes and Low Blood Sugar	Optional	✓	✓	✓	✓
Stroke	✓	✓	✓	✓	✓
Seizure	Optional	✓	✓	✓	✓
External Bleeding (direct pressure and bandaging [†] and tourniquet)	✓	✓	✓	✓	✓
Shock	Optional	✓	Optional	Optional	✓
Wounds (Bleeding From the Nose, Bleeding From the Mouth, Tooth Injuries, and Eye Injuries)	Optional	✓	✓	✓	✓
Penetrating and Puncturing Injuries	Optional	✓	✓	✓	✓

(continued)

Topic	Heartsaver	Heartsaver Total	Office	Educator	Heartsaver 2015
			Recommended topics for these paths		
Amputation	Optional	✓	✓	✓	✓
Internal Bleeding	Optional	✓	✓	✓	✓
Concussions	Optional	✓	Optional	✓	✓
Head, Neck, and Spine Injuries	Optional	✓	✓	✓	✓
Broken Bones and Sprains	Optional	✓	Optional	✓	✓
Splinting	Optional	✓	Optional	✓	✓
Burns and Electrical Injuries	Optional	✓	Optional	✓	✓
Bites and Stings	Optional	✓	Optional	✓	✓
Heat-Related Emergencies	Optional	✓	Optional	✓	✓
Cold-Related Emergencies	Optional	✓	Optional	✓	✓
Poison Emergencies	Optional	✓	Optional	✓	✓
Risks of Smoking and Vaping	Optional	✓	Optional	Optional	-
Benefits of a Healthy Lifestyle	Optional	✓	Optional	✓	-
Preventing Illness and Injury	Optional	✓	✓	✓	✓

*Topic groups vary by course or path.

†Topic requires a skills test.